



# STEPS UP-TO-DATE

*A Michigan Steps Up Quarterly Publication*

Summer 2006

Issue 3

## STEPPING UP TO A HEALTHY MICHIGAN SUMMER



*Michigan Steps Up* is pleased to present the third issue of Steps Up-to-Date, a quarterly newsletter highlighting efforts around the state to create environments and policies that support healthy living. The momentum is definitely building and will surely continue to grow as more and more citizens, communities and policymakers recognize the importance of moving more, eating better and not smoking.

Throughout this summer, Michigan Surgeon General Dr. Kimberlydawn Wisdom and the Governor's Council on Physical Fitness, Health and Sports invited all Michigan residents to keep up the momentum by taking part in the **Active Michigan Summer** campaign. The campaign began in May on ACES (All Children Exercising Simultaneously) Day and concluded on Labor Day with the annual Mackinac Bridge Run/Walk.

From May through late September, Michigan's abundant natural resources provide many opportunities for Michiganians to get out and be active. Try some of these fun and healthy activities: Sample Michigan-grown produce like pears, grapes, cherries, blueberries, apples. Take an hour to go pick your own! Take a stroll along the Great Lakes' shoreline (all 3,288 miles of it). Swim or canoe in one of the 11,000 inland lakes. Hike in one of the 97 state parks and recreation areas. Go fly a kite, take a swing on the golf course, or enjoy a pick-up kickball game with friends.



There are also year-round opportunities in your own neighborhood, school, or community center. To find activities in your area, go to [www.michiganstepsup.org](http://www.michiganstepsup.org) and click on "Wellness Events."

Let's go, Michigan...there is still time to make this your healthiest summer yet!



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## COMING THIS LABOR DAY: VIRTUAL BRIDGE WALKS UNITE MICHIGAN COMMUNITIES

Each year, about 50,000 of the nearly 10 million Michigan residents participate in the annual Mackinac Bridge Labor Day Walk. This year, the Governor's Council on Physical Fitness, Health and Sports aimed to double or even triple the number of Michiganders walking on Labor Day through the **Virtual Bridge Walk** program—the grand finale to the *Active Michigan Summer* campaign.



With local events taking place around the state, the Governor's Council brought communities together in the name of health, fitness and active living, much in the same way that the Mighty Mac

links Michigan's two peninsulas.

At least 34 communities from Benton Harbor to Hancock and Saugatuck to Rochester hosted their own five-mile "bridge walk."

For more information on planning or participating in a future local bridge walk, visit [www.michiganfitness.org](http://www.michiganfitness.org) or call 1-800-434-8642.



## Spotlight on Schools

### THIRTY MICHIGAN SCHOOLS RECOGNIZED FOR CREATING A HEALTHIER SCHOOL ENVIRONMENT

Michigan Surgeon General Dr. Kimberlydawn Wisdom honored 30 Michigan schools this April for making significant improvements in their environment in support of physical activity, healthy eating and tobacco-free lifestyles as part of the *Michigan Surgeon General's Healthy School Environment Recognition Program*. The awards were presented at a Michigan Action for Healthy Kids Coalition meeting in Lansing.

"A healthy school environment helps students achieve their full academic potential and supports children in developing healthy habits for a lifetime," said Wisdom. "We should all be very proud of these 30 schools for stepping up to create healthier environments."



Representatives from Bath Elementary, Beagle Middle School, Kent Education Center-Mayfield and Switzer Elementary share their experiences with Michigan Action for Healthy Kids Coalition Members

Bath Elementary School, Kenneth T. Beagle Middle School of Grand Ledge, Kent Education Center-Mayfield of Grand Rapids, and Switzer Elementary School of Shelby Township earned first place "Outstanding Achievement" awards. More than 200 schools applied for the program.

The four schools that earned first place recognition have formed Coordinated School Health Teams, completed the *Healthy School Action Tool*, and made noteworthy improvements such as increasing physical activity time and options, increasing access to healthy food and beverage choices, and teaching about sun safety at outdoor events.

The Recognition Program is the result of a two-year collaboration between the Michigan Department of Community Health, Michigan Department of Education; the Michigan Parent Teacher Student Association; Comprehensive School Health

Coordinators Association; United Dairy Industry of Michigan; Michigan State University Extension; Michigan Action for Healthy Kids Coalition; Team Nutrition; and others. To learn more about the Healthy School Environment Recognition Program, please visit [www.mihealthtools.org/healthyschools](http://www.mihealthtools.org/healthyschools).

### CONGRATULATIONS, FIRST PLACE SCHOOLS!

#### Beagle Middle School

Congratulations **Kenneth T. Beagle Middle School** for making cardio fitness a priority for your physical education program by creating a "cardio fitness room" for year-round use—rain or shine—and gathering an impressive 29 pieces of equipment for the room!

Congratulations **Bath Elementary School** for implementing a schedule change (recess *before* lunch) and new sanitation procedures that have resulted in decreased sickness after lunch and on the playground, fewer discipline problems and more instructional time for teachers.

#### Bath Elementary

#### Kent Education Center-Mayfield

Congratulations to **Kent Education Center –Mayfield** for emphasizing the importance of physical activity and healthy lifestyles among students and parents by incorporating the Healthy "U" program and dance activities, implementing healthy food and beverage policies, and more.

Congratulations **Switzer Elementary School** for maintaining a year-round Sun Safety education program through the utilization of technology and student council involvement.

#### Switzer Elementary



## Spotlight on Schools

# HAVE YOU HEARD ABOUT THE FEDERAL SCHOOL WELLNESS POLICY?

On June 30, 2004, President Bush signed the ***Child Nutrition and WIC Reauthorization Act of 2004*** into law. The Act contains a local school wellness policy provision, an important new tool to address obesity and promote healthy behavior through changes in school environments.

The wellness policy provision requires every school district that participates in the federal school meals programs (as the vast majority do) to enact a wellness policy by the first day of the 2006-2007 school year.

The school district policies must address: goals for nutrition education; goals for physical activity; nutrition guidelines for all foods available at school; goals for other school-based activities designed to promote student wellness; and plans for evaluating implementation of the policy.

The wellness policy must be developed through an inclusive process involving, at a minimum, parents/guardians, students, school food service professionals, school administrators, board representatives, and members of the public.

The ***Michigan Steps Up Healthy School Initiative*** compliments the local wellness policy federal requirements. Schools that form a Coordinated School Health Team and complete the *Healthy School Action Tool* position themselves to implement a local wellness policy and also have a system for making and tracking changes in their school environment.

## GREAT TOOLS FOR MICHIGAN SCHOOLS!

### *Healthy School Toolkit: Your Guide to Action!*



The *Healthy School Toolkit: Your Guide to Action!* includes:

- Michigan Action For Healthy Kids Coalition "Making The Case" DVD
- Michigan Action For Healthy Kids Coalition "Pilot Schools Project Summary Report"
- Model Local Wellness Policy for Michigan
- Tips and Tools to Promote Physical Education and Physical Activity
- Tips and Tools to Implement the Policy on Healthy Food and Beverages

The toolkit can be downloaded from the Michigan Team Nutrition website: [www.tn.fcs.msue.msu.edu/MAFHK.html](http://www.tn.fcs.msue.msu.edu/MAFHK.html).

### *Healthy School Action Tool*



The ***Healthy School Action Tool (HSAT)*** is designed to help schools assess their environment to find out how it supports healthy eating, physical activity and a tobacco-free lifestyle. This online assessment has eight modules, each corresponding to one of the components of a Coordinated School Health Program.

Currently 576 Michigan schools have registered for the HSAT and 201 have completed it. To find out how your school can add its name to this list, visit [www.mihealthtools.org](http://www.mihealthtools.org) and click on *Healthy School—Healthy Students*.



## Spotlight on Schools

# HAMILTON AND WISDOM TEAM UP TO PROMOTE STRONG BODIES AND MINDS AT DETROIT'S BURNS ELEMENTARY

Dr. Kimberlydawn Wisdom joined Pistons All-Star guard Richard "Rip" Hamilton at Detroit's Burns Elementary on March 7, 2006 to unveil a newly renovated "Strong Body-Strong Minds" center that encourages a love for lifetime learning and healthy living.

The remodeled room at Burns reflects Hamilton's personal spirit for healthy living and two pillars of *Michigan Steps Up*—healthy eating and physical activity—while focusing on literacy and education.

Wisdom praised Hamilton and the Rip City Foundation for helping Burns students realize their full potential by incorporating the strong body-strong mind idea into everything they do.



Richard "Rip" Hamilton, Hamilton's Mother Pam Long, and Dr. Kimberlydawn Wisdom (top middle) join Burns Elementary students to officially open the Strong Bodies-Strong Minds Resource Center

"My goal in opening up this room is to give the students of Burns Elementary a place to read and learn about how to take care of themselves and their bodies," said Hamilton.

Hamilton and Wisdom were joined by Palace Sports and Entertainment President and COO Alan Ostfield, Pistons Mascot Hooper, Pistons Dance Team Automotion, and Superintendent of Detroit Public Schools William F. Coleman III.

Chef Jeff, one of Hamilton's personal chefs, conducted a nutritional snack demonstration for the students.

For more information about the Detroit Pistons' involvement in community and healthy lifestyle promotion activities, go to [www.nba.com/pistons](http://www.nba.com/pistons) and click on "Community."

Important  
DATE!

## ATTENTION MICHIGAN HIGH SCHOOLS: SAVE THE DATE!

### Michigan Steps Up Youth Leadership & Advocacy Summit

**Date:** Saturday October 28, 2006

**Location:** Lakeview High School in Battle Creek, Michigan

The Office of the Surgeon General and Lakeview School District in Battle Creek are pleased to announce the first-ever *Michigan Steps Up Youth Leadership & Advocacy Summit*. Michigan high schools are invited to send teams of up to four students and one adult mentor to participate in this event designed to engage youth to make a personal commitment to a healthy lifestyle and empower them to become advocates for environmental and policy change in their schools. Participants will hear success stories from schools around the state and have the opportunity to create an action plan to implement within their school. This is sure to be a fun-filled day with great long-term outcomes for Michigan schools.

Schools will receive additional event details and registration packets this fall.



## Spotlight on Healthy Communities

# MICHIGAN CELEBRATES HEALTHY COMMUNITIES DURING NATIONAL PUBLIC HEALTH WEEK

April 3, 2006 marked the kick off of National Public Health Week, a national campaign to educate the public, policymakers and practitioners about issues related to this year's theme of "Designing Healthy Communities: Raising Healthy Kids." Activities focused on empowering Americans to assess the status of the built environment (such as sidewalks, neighborhood design, parks, roads, schools, etc.) and its impact on children's health in the community.

Statewide public health partners gathered at the State Capitol on March 29 to kick off Public Health Week in Michigan. Featured speakers included Janet Olszewski, Director of the Michigan Department of Community Health (MDCH), Michigan Surgeon General Dr. Kimberlydawn Wisdom, and representatives from public health partner organizations.

For the third year in a row, State officials honored "Hometown Health Heroes." This year, 23 extraordinary communities, coalitions, and schools were honored for their collaborative efforts to make their community a healthier place to live and grow.

The State also recognized eight "Public Policy Champions" for introducing new legislation to address gaps in the state's safety net, or for their long-time advocacy of programs that are crucial to maintaining good public health.



Michigan's public health partners gather at the Capitol Rotunda to kick-off Public Health Week 2006

### 2006 Hometown Health Heroes

- Bendle Public Schools, Genesee County
- Bridges to the Future, Durant-Tuuri-Mott Bridges Running Club, Genesee County
- City of Kalamazoo Department of Parks and Recreation
- City of Vassar, Tuscola County
- Dial Help, Inc., Houghton, Keweenaw, Ontonagon and Baraga Counties
- Earth Works Garden, Detroit
- Genesee County Childhood Asthma Task Force
- Hale Area Schools, Ogemaw County
- Henry North Elementary School, Lansing
- Haskell Community Center, Flint
- Industrial Mutual Association Children's Recreation Fund, Flint
- Kingston Community School District, Tuscola County
- Lakeview High School, Battle Creek
- Marquette County Health Department, "Youth for Truth"
- Mixed Greens, Grand Rapids
- Okemos Public Schools, "Clean Air for School Buses Plus"
- Safe Kids Lakeshore
- Safe Kids Marquette-Alger Counties
- Safe Kids Muskegon County
- Safe Kids Van Buren County
- Washington Elementary School, Flint
- Washtenaw County (multiple programs)
- Women's Resource Center of Northern Michigan

### 2006 Public Policy Champions

- Board of Education President Kathleen Straus
- U.S. Senator Debbie Stabenow
- Michigan Senator Deb Cherry
- Michigan Senator Beverly Hammerstrom
- Michigan Senator Michelle McManus
- Michigan Senator Patti Birkholz
- State Representative Chris Kolb
- City of Vassar Manager Scott Adkins

The Governor's Council on Physical Fitness, Health and Sports, Michigan Association for Local Public Health, University of Michigan School of Public Health, Michigan Public Health Association, and Michigan Public Health Institute partnered with MDCH to implement this year's Public Health Week activities.

For more information about Public Health Week, visit [www.apha.org/nphw](http://www.apha.org/nphw). To learn how you can get involved in efforts to design a healthier community, visit [www.michiganstepsup.org](http://www.michiganstepsup.org) and click on the "Healthy Communities" icon.

## HOW HAS MICHIGAN STEPS UP CHANGED YOUR LIFE?

Read stories from real Michiganians who are taking small steps toward a healthier lifestyle. These individuals have granted us permission to share their stories.

If you have been inspired by *Michigan Steps Up*, please share your experience with us by email at [bakert@michigan.gov](mailto:bakert@michigan.gov) or (313) 456-0164. Your story may be included in a future issue of Steps Up-To-Date.

### AN INTERVIEW WITH KALAMAZOO'S LEM MONTARO

Since the summer of 2005, Lem Montero has been eating healthy and walking on a regular basis. Today, he is passionate about promoting healthier lifestyles among minorities and those with lower incomes. In the future, he hopes to start a non-profit organization to help minorities live healthier lives. In the meantime, Lem will continue to live a healthy lifestyle by following the advice of *Michigan Steps Up*, focusing on eating right and staying active.



Lem Before



Lem Today

**Q: How has *Michigan Steps Up* changed your life?**

A: I walk and make smarter decisions about what foods I eat. I've lost 65 pounds, improved my cardiovascular health and over all fitness, and decreased my chances of getting diabetes, a disease that has killed and ruined the quality of life for many in my family.

**Q: How have you used *Michigan Steps Up* tools as part of your daily lifestyle?**

A: Walking and other exercises lead to some of my weight loss and increased fitness. However, I credit eating properly as the largest contributor to my improved health. The *Michigan Steps Up* website offers a section entitled 'Safe Weight Loss' that everyone, whether you think you need to lose weight or not, should review. It offers common sense advice on food and physical activity that's easy to follow, realistic, and nearly guarantees results!

**Q: What motivates you to help others change their lifestyles?**

A: As a minority, I've seen how poor health, bad eating habits, and obesity can ravage communities; lead to never-ending visits to health care professionals; strain the overall health care system; and ultimately contribute to economic hardship on the macro and micro levels. By simply avoiding foods that border on garbage and by walking a few times a week, so many problems for individuals, families, neighborhoods, cities, counties, states, and the nation could be avoided. It's easy to become healthier, and *Michigan Steps Up* is a great tool to help you achieve that goal.

**Q: What has been the biggest reward of your efforts to move more, eat better, and not smoke?**

A: I'm a better example for my son and the quality of our time together has improved. I'm also more self-confident because I know I look better now than I did 65 pounds ago. Plus, it is less expensive, quicker, and easier to eat healthy. I've never smoked, but know several people who have lost loved ones due to lung cancer caused by tobacco use.

**Q: Why is it important to you to promote *Michigan Steps Up*?**

A: I've lost eight aunts and uncles and two grandparents to diabetes. Four of my living aunts and uncles have diabetes and nearly two dozen cousins suffer from the disease. If this is how unhealthy lifestyles has affected one family, I can only imagine how much damage unhealthy lifestyles have caused throughout the state and nation. *Michigan Steps Up* isn't just a throw-away program; it can help you save your own life and the lives of those you love.

## OUT AND ABOUT WITH MICHIGAN STEPS UP

See the descriptions on Pages 9-10 that correspond to the yellow numbers below to learn more about healthy lifestyle efforts taking place across Michigan (numbers 1-12 were described in Issue 1 and 2). Notice the momentum building all over Michigan! Tell us how your community or organization is stepping up by calling (313) 456-0164 or emailing bakert@michigan.gov.





### 13 Marquette County Gets U.P. Residents Moving

This spring, the Marquette County Health Department spread the *Michigan Steps Up* message to community members of all ages through a series of local events and activities encouraging residents to Move More, Eat Better and Live a Tobacco-Free Lifestyle.

Over the past several months, the health department has been involved in events such as the "The Blue Shoes Project," a free winter-long event where all community members are welcome to snowshoe through the "Blue Shoe Trail." Currently, Marquette County is entering its fifth annual *Get Moving* campaign, an activity-based program for up to nine weeks of recorded physical activity. The campaign encourages at least 30 minutes of physical activity each day. The Health Department has also hosted the *Marquette County Kids & Alcohol Abuse Town Hall* and *Active Living* forums, bringing community leaders together to build healthier communities.

Congratulations to Marquette County for encouraging Upper Peninsula residents to step up to better health!

### 14 YMCA of Greater Grand Rapids Activates West Michigan

The YMCA of Greater Grand Rapids continues to play a key role in promoting healthy lifestyles among West Michigan residents. The YMCA is leading a community coalition to fight the rising rates of obesity and chronic disease among youth and families. Their goal is to change how local communities live, think and act in order to address this complex and growing epidemic.

"By uniting forces with all sectors of the community, we will lead a charge to break the cycle of physical inactivity, poor nutrition and other culprits that exact a severe toll on our society, negatively impacting our economy, productivity, health-care and collective self-esteem," says Ron Nelson, President/CEO of the YMCA of Greater Grand Rapids.

The community coalition effort is part of a national project called *YMCA Activate America: Pioneering Healthier Communities*. The Grand Rapids YMCA attended a two-day conference in Washington D.C. last year to discuss best practices and valuable tools to help local communities adopt healthier living habits for their citizens. In May, Dr. Tom Peterson, medical director of Spectrum Health's *Healthier Communities*, joined local leaders to promote *Activate West Michigan*. This program calls for a report card to evaluate community fitness levels. More than 2,000 Body Mass Index samples will be taken by local residents this summer and as well as another 500 health assessments. This data will be used to plan future health promotion initiatives in the Grand Rapids area.

### 15 Washtenaw County Steps Up

The Washtenaw County Public Health Department has teamed up with five communities (Saline, Chelsea, Manchester, Dexter and Ypsilanti) through its Washtenaw Steps Up! program to promote long-term health improvement in the areas of physical activity, healthy eating and living tobacco-free through environmental and policy change. Each community has an established health coalition that has demonstrated need and capacity to implement policy and environmental change. By creating a healthier environment, Washtenaw County hopes to see decreased cardiovascular disease and death in the future.

Three major projects—Pick Up the Pace, Saline! (PUPS), Healthy Communities of Chelsea, Manchester & Dexter, and the Ypsilanti Health Coalition are working to increase walkability and bikeability, conduct health impact assessments to guide policy change efforts, enhance parks and increase access to healthy food.

Dr. Kimberlydawn Wisdom visited Ypsilanti's Depot Town during Public Health Week in April to recognize Washtenaw County for its multiple community improvements and collaborative efforts.

"If every community in our state made it easier for residents to be physically active, eat healthfully and live tobacco-free lifestyles, Michigan would be a healthier place to live," said Wisdom.

Wisdom also recognized several other programs in Washtenaw County for their efforts to protect and promote the health of Washtenaw's children, including Safe Kids Washtenaw County's car seat and bike helmet distribution programs, the Corner Teen Health Center, the Washtenaw Asthma Coalition, and the Washtenaw County Human Services Agency, Tobacco Reduction Coalition, and Board of Commissioners collaborative for a smoke-free community.

Following the press conference, Wisdom joined Ellen Clement, Health Officer, and local bicyclists in a ribbon-cutting ceremony for new bike racks installed near Depot Town businesses. Wisdom also visited the Growing Hope youth garden and nearby Riverside Park, which recently received funding to improve walkability in the park for all visitors.



## 16 Grand Ledge Children and Seniors Team Up on A.C.E.S. Day

Grand Ledge, Michigan is one of the many cities among the 50 states and 50 countries that participate in A.C.E.S (All Children Exercising Simultaneously) on May 3. This year, students from 83 Michigan counties, five islands and both peninsulas participated in the event.

Students from Grand Ledge elementary schools were eager to keep up Michigan's record as the state with the most participation in the world's largest exercise program. Students from St. Michael's Elementary school in Grand Ledge made posters to celebrate physical activity and displayed their posters in senior apartment complexes. Some students walked with area seniors, while others traveled to senior complexes to exercise with seniors.

Gary Kauffman, at 95 the eldest resident of Serenity Place senior complex said, "Oh, yes! I intend to keep walking as long as I can get one foot ahead of the other." His enthusiasm was shared by many other seniors who say they hope this event will help remind them of the importance of staying active.

Michigan's participation in A.C.E.S was coordinated by the Governor's Council on Physical Fitness, Health and Sports and sponsored by Farm Bureau Insurance. Now in its 18<sup>th</sup> year, the exercise program reaches millions worldwide. For more information on A.C.E.S. and other opportunities for physical activity, visit [www.michiganfitness.org](http://www.michiganfitness.org).

## 17 CNN's Gupta Brings Fit Nation to University of Michigan

Dr. Kimberlydawn Wisdom joined CNN's senior medical correspondent Dr. Sanjay Gupta in March to discuss the nation's obesity epidemic with University of Michigan students in Ann Arbor. The town hall meeting was the second stop on Gupta's six-week *Fit Nation* tour.

"I am pleased to join Dr. Gupta and the distinguished group of panelists today to address an issue that is hurting our state both physically and fiscally," said Wisdom. "I encourage University of Michigan students to share your ideas about how to combat obesity with your State government."

Wisdom also encouraged students to get involved in campus and state healthy lifestyle initiatives, such as *Michigan Steps Up*. She also praised Governor Jennifer Granholm for setting an example for Michigan citizens by maintaining a healthy lifestyle. Wisdom was joined by panelists representing the University of Michigan School of Public Health and the American Heart Association.

Gupta, a University of Michigan alum, started the Fit Nation program to become a part of the solution for America's obesity epidemic. He encourages students to not just talk about solutions but actually put them into action. To inspire students, Gupta announced a CNN contest in which students start a new program in their community and produce a news report highlighting the success of their project.

The town hall discussion also included a candid look at obesity facts and myths, an overview of the epidemic, its relevance to the students and how change starts with them as future leaders. Students presented their ideas for how they can get involved, including peer groups to encourage healthy lifestyles among dormitory residents, physical activity mentoring programs pairing up college and elementary students, and programs encouraging children to appreciate nature while being physically active outdoors.

To learn more about Fit Nation, visit [www.CNN.com/fitnation](http://www.CNN.com/fitnation).



### SHARE YOUR STORY WITH CNN AND YOU COULD WIN \$5000!

CNN's Dr. Sanjay Gupta invites you to help CNN build a Fit Nation and earn a chance to win \$5,000 and have your project highlighted on CNN and CNN.com. Create a program in your community designed to help people become more fit and to combat the problems of obesity, produce a short news report highlighting the success of your project, and submit your news report to CNN on or before October 1, 2006, accompanied by the official Fit Nation project application available at [www.cnn.com/fitnation](http://www.cnn.com/fitnation). Check the website for a complete list of contest rules.

## More News

# MICHIGAN FAITH-BASED HEALTH ASSOCIATION LAUNCHES WEBSITE



Welcome to the Online Home of the  
Michigan Faith-Based Health Association

**Our Mission:** To equip churches and faith organizations to build capacity, train leadership and develop strategic networking relationships to meet the health needs of children and families. To learn more, visit the [About the Association](#) page.

**Our Members:** The MFBHA is open to anyone in the faith community with a commitment to improving the health of children and families in Michigan. We encourage membership from diverse backgrounds such as health, business, education, social work, etc. Please [click here](#) to apply for membership.

If you are already a member, please log in at right to access the members' area of the website.



Username:

Password:

☐ Remember Me

[Apply here](#) [Forgot your password?](#)

The Michigan Faith Based Health Association (MFBHA) was started in 2005 for faith venues statewide to share health resources, funding opportunities and expertise on cardiovascular health, nutrition and physical activity. It is also used to support the vision of supporting healthier lifestyles for citizens living in Michigan. The association recognizes that faith-based organizations have historically served as a cornerstone for human services within the community and is an excellent place to work to improve health behaviors.

The MFBHA is open to anyone in the faith community with a commitment to improving the health of children and families in Michigan. For more information, visit the new MFBHA website at [www.mihealthtools.org/mfbha](http://www.mihealthtools.org/mfbha).

Congratulations to the Michigan Steps Up faith-based stakeholders and staff who have played a leadership role in the development of this effort.

## WHAT'S NEW AT WWW.MICHIGANSTEPSUP.ORG?

Are you among the 16,000 Michiganders who have created a personal plan for better health at [michiganstepsup.org](http://michiganstepsup.org)? Come back to the website often to record your progress or set new goals. If you haven't registered yet, take a few minutes to create a personal plan. You can even complete a free, confidential Health Risk Appraisal that you can print and take with you on your next visit to your health care provider.

While you're at the *Michigan Steps Up* website, take a moment to check out these new features:

**In the News:** Browse an index of recent Michigan Department of Community Health press releases related to moving more, eating better and not smoking.

**Wellness Events:** Look for wellness events (such as community walks, 5K races, health fairs and biking events) and wellness resources courtesy of the Governor's Council on Physical Fitness, Health and Sports and the State of Michigan Working on Wellness program.

**Healthy Community Resources:** Download fact sheets on healthy eating ideas, policy and environmental change, and active living and learn how your community can get started using resources like the *Healthy Communities Tool Kit*.



## HELP US SPREAD THE WORD ABOUT MICHIGAN STEPS UP!

The *Michigan Steps Up* website has logged an impressive 102,000 visits since it was launched in February 2005. But we need your help to spread the word to thousands more. Here's how you can help: The *Michigan Steps Up* logo is popping up on websites across the state! *Michigan Steps Up* would like to thank the many local health departments, healthcare organizations, community groups, business associations, and others for including a link to *Michigan Steps Up* on their website and in newsletters and other print and electronic communications. If you would like to promote *Michigan Steps Up* and need assistance with adding a link or using the logo, please contact the Office of the Surgeon General at (517) 335-8011 or email [surgeongeneral@michigan.gov](mailto:surgeongeneral@michigan.gov). Help us tell EVERYONE about the great things happening as people join together for a healthier state!